

Pumpkin Patch Pancakes

Makes: 32 or 64 servings

Ingredients	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Flour, whole wheat		2 cups		4 cups
baking powder		4 tsp		8 tsp
Cinnamon, ground		1 tsp		2 tsp
1% (low-fat) milk		2.5 cups		5 cups
Applesauce, unsweetened		1/4 cup		1/2 cup
Eggs		2		4
Pumpkin puree, canned		1 cup		2 cups
Vanilla yogurt, low-fat		1 cup		2 cups

Directions

1. In a large mixing bowl, combine flour, baking powder, and cinnamon.
2. In a separate bowl, mix milk, applesauce, egg, pumpkin, and yogurt until combined.
3. Add wet ingredients to flour mixture and stir until moist.
4. Lightly coat griddle or skillet with cooking spray and heat on medium.
5. Pour batter onto hot griddle (about 2 Tbsp for each pancake).
6. Cook until bubbles burst, flip and cook until golden on both sides.

Notes

Serving Tips:

Top with low-fat yogurt and raisins for sweetness or walnuts for a protein-rich breakfast.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	47	
Total Fat	1 g	
Protein	2 g	
Carbohydrates	8 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	96 mg	